

ABSTRACT OF THE DISCLOSURE

An exerciser includes a frame assembly including a lower frame portion constructed and arranged to be stably supported in an operative position on a horizontal surface and rigid upright frame structure defining laterally spaced left and right free end portions. A user support assembly is operatively connected with the lower frame portion and is constructed and arranged to support a user thereon. Left and right moving assemblies are disposed in normal inoperative positions with respect to the user support assembly constructed and arranged to be manually engaged and individually manually moved away from the normal inoperative position thereof into a desired extended position by a user supported on the user support assembly.